

**CLAIMS:**

1. A golf swing training device to have a desired weight, said device including:
  - an elongated handle to be gripped at an upper portion by a user to swing the device to strike a ball;
  - a golf club head to strike the ball;
  - a hollow reservoir member attached to the handle to receive a flowable material having a volume, which volume can be varied to adjust said weight; and wherein said golf club head is removably attached to said reservoir member.
- 10 2. The training device of claim 1, wherein said reservoir member has an upper end to which said handle is removably attached, and a lower end to which said club head is removably attached.
- 15 3. The training device of claim 2, wherein said upper end has a threaded passage that is threadably engaged by said handle and said lower end includes a threaded passage within which a portion of said head is threadably secured.
4. The training device of claim 1, wherein said handle includes a shaft that extends through said reservoir member and that is removably attached to said club head, so that said club head is removably attached to said reservoir member.
- 20 5. The training device of claim 4, wherein said reservoir member is formed of plastics material, and has fixed to it at an upper portion thereof a metal sleeve through which said shaft extends so as to aid in mounting the reservoir member on the shaft.
6. The training device of claim 5, wherein said reservoir member includes a metal sleeve secured to a lower portion thereof and through which said shaft extends to aid in mounting the reservoir member on the shaft.
- 25 7. The training device of claim 5, wherein said device includes an insert mounted in a lower portion of said reservoir member so as to be fixed thereto, and said shaft includes a threaded portion threadably engaged in said insert and said club head includes a threaded portion threadably engaged with said insert so as to be removably attached thereto.
- 30 8. The training device of claim 1, including a golf club providing said handle and club head, with said reservoir member being removably attached to said handle so that said club head is removably attached to said reservoir member.
9. The training device of claim 1 or 8, wherein said reservoir member includes a first and a second reservoir portion, which reservoir portions co-operate to be secured to said handle.

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10. The training device of claim 9, wherein each reservoir portion includes friction members to engage the handle to inhibit relative movement between the reservoir member and the handle.

11. The training device of claim 9 or 10, wherein said device includes straps  
5 that are tensioned to secure the reservoir member to the shaft.